

food
sensitivity
test

food & drinks
diary



Introduction

This diary is designed to help you determine the link between the foods and drinks that you consume and any symptoms that you may be experiencing.

Completing your diary will help monitor improvements to your health and wellbeing and should help manage your new diet better. Together with the guidebook, we will give you the advice, confidence and support you need to get yourself back on track.

Week 5

Week 6

	Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday						
Feeling 1-5						
Tuesday						
Feeling 1-5						
Wednesday						
Feeling 1-5						
Thursday						
Feeling 1-5						
Friday						
Feeling 1-5						
Saturday						
Feeling 1-5						
Sunday						
Feeling 1-5						

at the end of each day on a scale of 1-5? (1 is bad 5 is good)

Get motivated for exercise

Week 6

How do you feel this week?
(please tick)

☐ Excellent
☐ Significantly better
☐ Slightly better
☐ Same as before
☐ Worse

Any new symptoms

☐ Yes (please detail)
☐ No

Improve your health

Now you are well underway with your diet, why not consider introducing some exercise into your routine too? Simply walking to the shops instead of driving or running up the stairs rather than walking - it all adds up!

(Don't feel recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

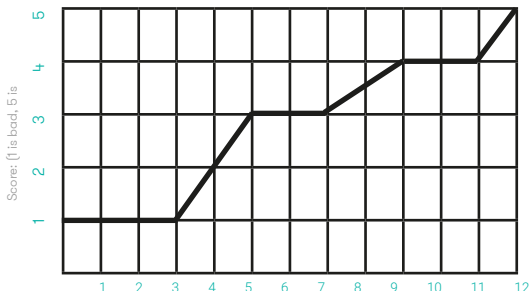
Have you managed to eliminate all your problem ingredients?

☐ Yes
☐ No (list which ones)

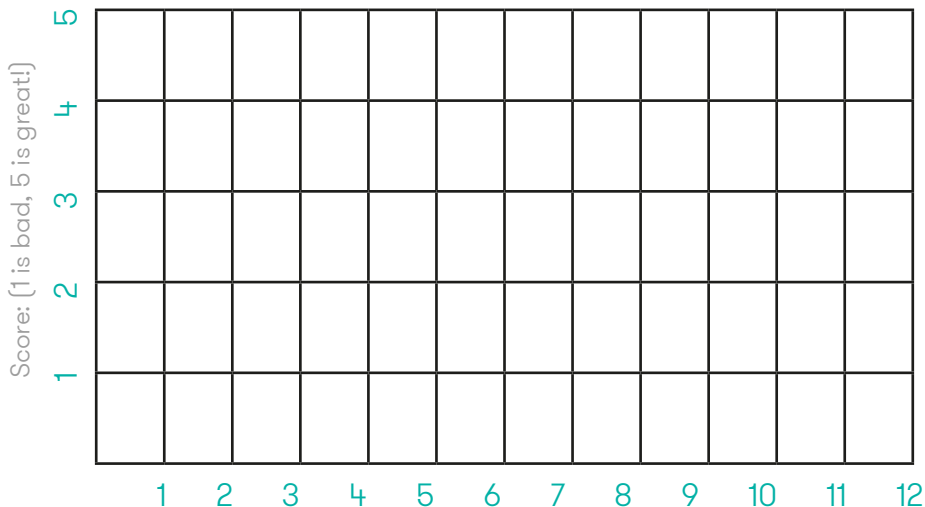
How to use the diary



Symptoms chart



Symptoms chart










Fill this chart in after each week so you can monitor your progress.

By the end of week 12 you should be able to see an improvement in your general health*.

*Our research shows that on average, health improvements are experienced between 20 and 60 days after eliminating the ingredients highlighted by the test.

Week 1

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Tuesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Wednesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Thursday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Friday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Saturday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Sunday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Changing your diet changing your outlook



Week 1

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)



Don't panic, plan!

Week one is often the hardest week - this is because it is a new way of looking at what you can eat and drink and can mean, for some, quite a dramatic change. It is important that you start as you mean to go on - you can do it!

Week 2

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Make the effort, you can do it!



Don't give up!

You will probably find that your initial concerns about the effort involved are soon overcome as you begin to see the benefits!

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Week 2

Any new symptoms








- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 3

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Be realistic, small steps are the key to success



Step by step!

Be realistic with your expectations and if you don't initially reach your targets, simply break them down so they are more manageable and start again.

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No








(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 3

Week 4

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

A great opportunity to try new foods



Week 4

How do you feel this week?
(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?








- ☐ Yes
- ☐ No (list which ones)



Don't get bored with your diet.

Explore new recipes and plan meals and drinks which do not contain problem ingredients. There are a great range of recipe books available - check online or your local bookshop for details.

Week 5

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Tuesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Wednesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Thursday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Friday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Saturday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Sunday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Going out to eat or drink doesn't have to cause problems



Week 5

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

[YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.]

Have you managed to eliminate all your problem ingredients?








- ☐ Yes
- ☐ No (list which ones)



You can go out and enjoy yourself!

Call ahead and check with the restaurant to see if they cater for your needs. Check their menu online and make sure you have a backup option ready.

Week 6

	Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Tuesday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Wednesday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Thursday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Friday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Saturday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	
Sunday  Feeling 1-5	Food		Food		Food	
	Drink		Drink		Drink	

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Get motivated for exercise



Week 6

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)










Improve your health

Now you are well underway with your diet, why not consider introducing some exercise into your routine too? Simply walking to the shops instead of driving or running up the stairs rather than walking - it all adds up!

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 7

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Regularly review your progress



Week 7

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?








- ☐ Yes
- ☐ No (list which ones)



Review and assess your progress properly

Are you eating and drinking
a varied diet or are you
becoming stuck in a rut?

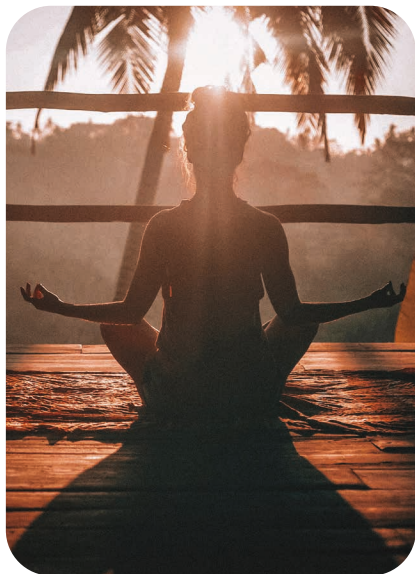
Week 8

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday 	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Make time for rest and relaxation

Week 8



How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?








- ☐ Yes
- ☐ No (list which ones)



Take time to relax!

Rest and relaxation are major factors in maintaining good health. Ensure you make a little time for yourself each day – a few deep breaths and a stretch works wonders!

Week 9

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Tuesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Wednesday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Thursday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Friday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Saturday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	
Sunday  Feeling 1-5	Food			Food		Food	
	Drink			Drink		Drink	

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Get your friends to help you out



Find a friend to exercise with!

You don't want to let them down by not turning up, so you'll be more likely to continue with your exercise plan. Friends can also help you with new recipe ideas or tips on how you can stick to your plan. Just talking to someone about your new regime can make you feel good.

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Week 9

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 10

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Don't give up stay positive



Stay positive by being realistic

This way, you are more likely to achieve the goals you set in the beginning. Keep reminding yourself how well you've done so far and make a determined effort to stay on track with your recommended diet.

How do you feel this week?

(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 10

Week 11

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Tuesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Wednesday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Thursday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Friday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Saturday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							
Sunday	Food			Food		Food	
	Drink			Drink		Drink	
Feeling 1-5							

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

Drink plenty of water for maximum benefit



Drink plenty of water, it's good for you!

Experts say you should drink at least 8 glasses of water a day to make sure your body is hydrated properly. Sipping throughout the day may be easier than trying to have it all in one go! Remember other drinks contribute to your fluid intake but try to avoid carbonated or caffeinated drinks. Try herbal or fruit teas or natural fruit juices.

How do you feel this week?
(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Week 11

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)

Week 12

		Breakfast	Snacks	Lunch	Snacks	Dinner	Exercise
Monday	Food			Food		Food	
	Drink			Drink		Drink	
Tuesday	Food			Food		Food	
	Drink			Drink		Drink	
Wednesday	Food			Food		Food	
	Drink			Drink		Drink	
Thursday	Food			Food		Food	
	Drink			Drink		Drink	
Friday	Food			Food		Food	
	Drink			Drink		Drink	
Saturday	Food			Food		Food	
	Drink			Drink		Drink	
Sunday	Food			Food		Food	
	Drink			Drink		Drink	

How are you feeling at the end of each day on a scale of 1-5? 1 is bad 5 is great!

The first three months are complete, keep going!



Week 12

How do you feel this week?
(please tick)

- ☐ Excellent
- ☐ Significantly better
- ☐ Slightly better
- ☐ Same as before
- ☐ Worse

Any new symptoms

- ☐ Yes (please detail)
- ☐ No

(YorkTest recommend that you seek medical advice from your Doctor or Health Practitioner if symptoms continue or worsen.)

Have you managed to eliminate all your problem ingredients?

- ☐ Yes
- ☐ No (list which ones)



The hardest bit is done!!

Now that you have been following your recommendations for three months, it will be almost second nature for you to recognize what you should and shouldn't be eating and drinking - keep it up and well done!

